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## Article I. The Killeen Parks & Recreation Philosophy

### Section 1.01 KPR Mission Statement

The Killeen Parks & Recreation Soccer League under the auspices of the Killeen Parks and Recreation Department (KPR) constitutes a youth Soccer league designed to build, develop, nurture young athletes' abilities and love of the game.

#### KPR Mission Statement

The KPR structure and regulations are based on three (3) primary objectives.

*(a) To provide as many Killeen youth the opportunity to participate and enjoy the youth Soccer experience.*

*(b) To provide those youth who want to improve their soccer skills the opportunity to do so through solid coaching and competitive opportunities.*

Competition is a big part of improving ourselves. Sometimes being competitive is required to attain success. We want our youth to understand that learning to have fun while competing effectively is even more important than wins or loses.

*(c) To use the lessons taught in soccer along with the role modeling of the league, its coaches, and personnel, to provide Killeen youth with a strong foundation from which to grow.*

The KPR is aware of the pressures, turmoil, and choices faced by today's youth. We realize the most important facet of any youth sport program; is the positive role it can play on the development of each individual participant. Coaches have a direct impact in helping players believe in themselves, learn how to deal with competition, how to prepare to succeed, and how to handle a win or a defeat. We, as the league and as coaches, must always remember that our primary goal is the development of our participants as individuals...we've just selected soccer as a fun way to teach those lessons.

### Section 1.02 Sportsmanship

The KPR regards bad sportsmanship as **unnecessary** and completely **intolerable**.

#### What Is Good Sportsmanship?

Good sportsmanship is when people who are playing or watching a sport treat each other with respect. This includes players, parents, coaches, and officials.

- Have a positive attitude
- Give their best effort
- Shake hands with the other team before and after the game
- Support teammates by saying "good shot" or "good try". Never criticize a teammate for trying
- Accept calls and do not argue with officials
- Treat the other team with respect and never tease or bully
- Follow the rules of the game
- Help another player up who has fallen
- Take pride in winning but do not rub it in
- Accept a loss with dignity and respect



## What's a Parent's Role in Good Sportsmanship?

Kids learn how to be a good sport from the adults in their lives, especially their parents and their coaches. As soon as your child starts competing in sports, it's important to be a good role model. Any teams your child plays on should have coaches that encourage good sportsmanship.

Show your good sportsmanship:

- Keep sideline comments positive and encouraging
- Don't bad-mouth coaches, players, or officials.
- After a competition, don't focus on who won or lost. Instead, try asking, "What did you do well during the game?" "Was there something you wish you could have done better?" If your child feels there was something that could have gone better, offer to work on it together before the next game

- Applaud good plays, no matter who makes them
- Congratulate the winners, even if they're on the other team.

**(a) Coaches**

(i) All KPR coaches are required to demonstrate positive sportsmanship in respect to their players, team parents, opposing team players, parents, coaches, and game officials. Only 2 coaches per team. Coaches who are unable to demonstrate the proper sportsmanship will be suspended from further coaching in KPR. Any coach who is ejected from a game for unsportsmanlike conduct will be required to leave the field of play/facility and will be unable to coach in the next scheduled game. This includes post-season play. The continued demonstration of improper sportsmanship may constitute suspension from any number of games KPR deems necessary. Coaches are also responsible in assisting referees with the sportsmanship of all playing and non-playing team members, as well as spectators and assistant coaches.

**(b) Participants**

(i) Sportsmanship is a priority in the development of KPR athletes. All participants must always demonstrate positive sportsmanship. Those who can't, may be dismissed from the game, by the game official. The continued demonstration of improper sportsmanship will constitute suspension from any number of games that KPR deems necessary.

**(C) Spectators**

(i) All spectators must remain seated and/or non-threatening throughout all KPR games and are expected to demonstrate positive sportsmanship. Spectators, who fail to do so, will be required to leave the game site and will not be allowed to attend the next game. The continued demonstration of improper sportsmanship will constitute suspension from any number of games that KPR deems necessary. KPR will follow the behavior expectations and disciplines for all spectators, coaches, players and officials.

## **Article II. KPR Soccer Program**

### **Section 2.01 Definitions**

- (a) KPR. Killeen Parks & Recreation Department.
- (b) Coordinator. Designated Recreation Coordinator for KPR will serve as the KPR Coordinator.

(c) Director. Executive Director of KPR/ or his/her designee will serve as the KPR Manager.

(d) Pronouns. The personal pronoun of either gender (him, her, he, she, etc.) shall apply equally to males and females.

## **Section 2.02 Rule Administration**

KPR Staff acts on the behalf of players, coaches, and parents as representatives. Any approved modification or changes from KPR will be distributed in writing to the effected teams as soon and as often as possible, pending updates.

## **Section 2.03 League Structure**

The Athletic Manager is responsible for overseeing the administration of the program. The Coordinators manages the day-to-day operations of each team(s) in each division(s). Divisions are separated into six separate divisions based on age(s).

## **Section 2.04 Player Eligibility**

All players, ages 3-15, are eligible to participate in the KPR soccer program. Ages are based on the age of the player prior to the start of the season.

Players must be within their registered age division's age range by the first game of the season. **If a player ages out prior to the cutoff date, they will be required to move up to the next age division at the discretion of KPR staff.**

*Note: The KPR believes players should participate at their own age level. We discourage the practice of playing up with older participants.*

## **Section 2.05 Coaches Eligibility**

Adult volunteers (18yrs and older) will act as soccer coaches. They will be selected by and allowed to coach under the authority and approval of KPR. As a result, **coaches may be removed with or without cause, at any time by KPR.** Only 2 coaches per team.

(a) In addition, all KPR coaches must complete and follow:

(i) Criminal background checks will be conducted.

(ii) The recognized Head or assigned Assistant Coach are required to be present at all practices, games, and mandatory meetings.

(iii) All rules and regulations apply equally to the Head and Assistant Coaches unless otherwise specified.

## Section 2.06 Coach Selection

There are two coaches per team. Head Coach selection shall be based upon sportsmanship, experience, leadership, dependability, and ability to assume overall responsibilities of the team.

The Assistant Coach will be selected by the team's Head Coach or KPR Staff. The Head Coach must ensure that the Assistant Coach is certified prior to the first practice as written in section 2.05. Assistant Coaches must be in the capacity to coach the team for the entirety of the season. Coaches should not be picked based on their child's skill level or position. Only Head Coach, Assistant Coaches, and approved volunteers will be allowed on the field during games.

# Article III. KPR Operations

## Section 3.01 Player Registration

- a. For a player to be officially registered, his/her fees must be paid in full.
- b. Registration will be held at the Family Recreation Center, 1700 E Stan Schlueter Loop, Killeen, TX 76542, Monday through Friday, 8am to 5pm or online at <https://txkilleenweb.myscloud.com/webtrac/web/splash.html>.

## Section 3.02 Contact Information

KPR Office Number: (254) 501-6390 KPR Office Location: 1700 E Stan Schlueter Loop, Killeen, TX 76542

In addition, the KPR communicates with coaches regularly via e-mail and Team Reach. This helps keep everyone informed and updated about the program. KPR staff can also be reached via email: [kpr-athletics@killeentexas.gov](mailto:kpr-athletics@killeentexas.gov).

Antonio Murphy, Executive Director of Parks & Recreation	<a href="mailto:AMurphy@killeentexas.gov">AMurphy@killeentexas.gov</a>
Kaitlyn Roberts, Recreation Manager of Parks & Recreation	<a href="mailto:KRoberts@killeentexas.gov">KRoberts@killeentexas.gov</a>
Anthony Vaughters, Athletics Manager	<a href="mailto:Avaughters@killeentexas.gov">Avaughters@killeentexas.gov</a>
Leonta Brown-Lewis, Athletic Coordinator	<a href="mailto:Lbrown-Lewis@killeentexas.gov">Lbrown-Lewis@killeentexas.gov</a>
Paige Stephens, Athletic Coordinator	<a href="mailto:Pstephens@killeentexas.gov">Pstephens@killeentexas.gov</a>
Ozias Wright, Athletic Coordinator	<a href="mailto:Owright@killeentexas.gov">Owright@killeentexas.gov</a>

Inclement Weather Number: Please call the KPR Office during normal business hours Monday–Friday from 8:00am to 5:00pm or visit the Athletics website at [www.teamsideline.com/killeen](http://www.teamsideline.com/killeen). Coaches should call the Recreation Center (254-501-6392) or check website on any day that may have a chance of cancellation due to dangerous weather or unplayable field conditions for games and practices.

(i) This information should be disseminated to parents and the public as widely as possible.

(ii) Inclement weather decisions are normally made between 3:00 PM and 5:00 PM on weekdays and by 7:30 AM on Saturdays.

## **Section 3.03 Liability**

The KPR or staff are not liable for any injury to players, officials, cheerleaders, coaches, spectators, media, sideline personnel, or any other persons attending a KPR event.

## **Article IV. Soccer League Operations**

### **Section 4.01 Scheduling of Games**

KPR will schedule all games for the KPR soccer league in each Division KPR has a team represented. KPR will make all efforts to alleviate conflict dates/times in the scheduling of games. There are no guarantees.

Once the season schedule is posted, KPR will inform all Head Coaches. Rescheduling will be limited to rainouts, heat advisory, and administrative issues, at the discretion of KPR.

### **Section 4.02 Players per Team**

The size of teams will be set by KPR. Teams in 4u and 6u will be created by KPR. Teams in 8u,10u,12u, and 15u divisions will be selected by draft.

Each coach will automatically have their child added to their team roster and fill a draft space. Coaches may be required to provide documentation to support the claim that the registered players are legally their children. Assistant coaches' children will be automatically added to the team they agree to assist with. Only two coaches per team will be permitted. KPR reserves the right to remove any players from teams pending the addition of coaches and/or in the best interest of the league.

Siblings/Stepsiblings are guaranteed to be on the same team if they are in the same age division and ***living in the same household or at the discretion of KPR staff.***

- a) If anyone claims that children live together, they must produce a report card for each child showing that they are registered in KISD and live at the same address.
- b) **NO ONE** that is not a sibling is guaranteed to play on the same team. We do not accommodate ride requests.

#### **Guarantees for the draft:**

- a) **Guaranteed/Protected Players:** Only the coaches' child/children will be protected prior to the draft for the 8u – 15u divisions. No draft for 4u – 6u divisions.
- b) There will be no draft swaps, trades, or negotiations during or after the draft.
- c) All players will be drafted except for protected and unrated players. All those players will be randomly assigned by KPR staff.
- d) Siblings of a protected player will automatically be assigned to that team and will fill the next available draft spot.

#### **Draft Process/ Player Ability Assessment (PAA)**

Teams will be randomly chosen in full transparency to determine draft order. Selection of players will be made using the Snake Draft format.

**(Ex: First round – 1, 2, 3, 4, 5 and Second round – 5, 4, 3, 2, 1)**

Each team will select a player in the first round of the draft, pending their own children's placement.

- a) Each coach's children will be drafted/slotted beginning in rounds 1-3.
- b) Siblings of players chosen will automatically fill the next available draft position.
- c) All players that have not been given a grade on the draft board will be randomly placed on a team by the KPR staff. They will not be available for selection by coaches.

Anyone that wants to be included in the draft, must be present at the Player Ability Assessment (PAA), otherwise they will be placed on teams by KPR staff.

**(PAA) grades:** (5=best value), (4=good value), (3=average value),  
(2=needs improvement), (1=lowest value).

**No player trades or swaps will be permitted or approved. All changes conducted will be completed and approved by KPR.**

## Section 4.03 Loss of Players

If at any time, a team loses a player, (whatever the reason) the Head Coach must contact the league office via email within forty-eight (48) hours after realizing this loss and inform KPR of the loss.

It is our intention to contact all players who withdraw from the league to:

- a) Determine why they left.
- b) Determine what the KPR can do to improve its ability to retain its players.

If the loss occurs early enough in the season, the open slot on the team MAY be filled by the assignment of a player from a “waiting list”, per the decision of the KPR staff.

## Section 4.04 Uniforms

Player game uniforms are provided as part of the registration fee. **Teams/parents may not modify the jersey in any way other than what is instructed by KPR.** Any player with an illegal uniform will not be allowed to play. Replacement jerseys will be at the sole cost of the family, and not the coach or KPR.

## Section 4.05 Equipment

All KPR soccer players will be required to have the following equipment to participate:

- a) All players on each team must wear the uniforms provided by the KPR. No alterations can be made to jerseys **except for the child's legal first and last name.**
- b) All footwear is the responsibility of the parents. Shoes with rubber or molded cleats are recommended. **NO METAL CLEATS ALLOWED. No Toe Cleats.**
- c) **Shorts/Pants with pockets are prohibited.** All players must tuck their shirts inside their shorts/pants while playing.
- d) Goalies (10u, 12u, 15u) will wear an alternate jersey provided by KPR to designate goal status.
- e) *Shin guards are required for all practices and games to prevent lower leg injuries.*
- f) No jewelry may be worn at any time during the game, besides medical alerts, which shall be taped down.
- g) All players that wear prescription glasses must always wear a safety strap or safety hooks.
- h) *Medical alert bracelets must be taped down.*
- i) Players that don't meet the requirements on any day will not participate that day.

## Section 4.06 Practices

(a) Practices scheduled by KPR will be held at the North, South Complex, and Multi-Purpose Fields at Lions Club Park. Fields will be separated into two halves, and two teams will practice per allotted session. Sessions will last 1 hour.

(b) Only registered players may participate in a practice, and only certified volunteer coaches can run/participate in practice.

(c) Practice times will vary depending on age division. Normal hours are 6pm, 7pm, & 8pm.

(d) Once scheduled game play begins, practices will be scheduled **ONLY** if field space is available.

## Article V. KPR Game Mechanics

### Section 5.01 Game Play

KPR will follow all rules as outlined in the United States Soccer Association. KPR will provide one copy of the Soccer By-Laws to the Head Coach of each team and publish them to [www.teamsideline.com/killeen](http://www.teamsideline.com/killeen).

**The following regulations apply to the KPR program's Game Mechanics.**

**Format of play:**

<b>4u:</b>	6v6	No Goalie	Coach as Official
<b>6u:</b>	6v6	No Goalie	Coach as Official
<b>8u:</b>	7v7	Goalie	2 Officials
<b>10u:</b>	9v9	Goalie	2 Officials
<b>12u:</b>	9v9	Goalie	2 Officials
<b>15u:</b>	11v11	Goalie	2 Officials

**Kick-Offs:** All games begin with a kick-off. In 4U, 6U, 8U each quarter begins with a kick-off. In 10U, 12U, and 15U there will be an alternating kick-off at the half. The officials will initiate a coin flip to decide who starts the game with the first kick-off. KPR staff may deem that the home team starts with the opening kickoff

#### **4U & 6U Rules**

1. 4u: 6v6 6u: 6v6
2. No Goalies, No Slide Tackles
3. Participation Award
4. Field size: Short-sided 90x60
5. Ball size: 3
6. Coaches Officiate game
7. **Master of the ball (MOB):** When the

#### **8U Rules**

1. 7v7 Includes Goalie
2. 1<sup>st</sup> & 2<sup>nd</sup> Place Trophies Awarded
3. Field size: 140x100
4. Ball size: 3
5. Two Officials
6. Penalty kicks, free kicks, goal kicks are all played
7. All other FIFA laws of the game

- a. ball goes out of bounds the coaches determine which team controls possession of the ball, another ball is immediately played into the field by a throw-in from coaches at midfield. The only dead ball restarts are kickoffs after goals and at the beginning of the game and each quarter.
- 8. No penalty kicks, No offside

**10U Rules**

- 1. 9v9 includes Goalie
- 2. 1<sup>st</sup> & 2<sup>nd</sup> place trophies awarded
- 3. Field size: 180x140
- 4. Ball size: 4
- 5. 2 Officials
- 6. Off-sides will be enforced, throw-ins,
  - a. Penalty kicks, free kicks, Punts,
  - b. goal kicks are all played
- 7. All other FIFA laws of the game shall apply
- 8. Headers are NOT in play for this division
- 9. Drafted Division

**12U Rules**

- 8. Headers, offsides, and punts are NOT in play for this division
- 9. Drafted Division
- 10. All players must be behind the divisional line until kicked
- 11. Throw-in
- 12. Goal-kick, No Slide Tackles

### **12U Rules**

- 1. 9v9 includes Goalie
- 2. 1<sup>st</sup> & 2<sup>nd</sup> place trophies
- 3. Field size: 180x140
- 4. Ball size: 4
- 5. 2 Officials
- 6. Off-sides will be enforced, throw-ins, Penalty kicks, free kicks, no slide tackles. goal kicks are all played.
- 7. All other FIFA laws of the game shall apply. Headers and punts are in play.
- 8. Drafted Division

### **15U Rules**

- 1. 11v11 includes Goalie
- 2. 1<sup>st</sup> & 2<sup>nd</sup> place trophies
- 3. Field size: 300x160
- 4. Ball size: 5
- 6. Off-sides will be enforced, throw-ins, Penalty kicks, free kicks, goal kicks are all played
- 7. All other FIFA laws of the game shall apply
- 8. Headers and punts are in play for this division
- 9. Drafted Division; 2 Officials

## **Section 5.02 Participation**

The following applies to all players present each game. Non-compliance with the players' participation rule could result in forfeiture of the game up to dismissal of coach from the league, etc.

Each player is **required** to play a set number of minutes per game:

- a) **4U:** 12 minutes or 2 quarters
- b) **6U:** 12 minutes or 2 quarters

- c) **8U**: 16 minutes or 2 quarters
- d) **10U**: 20 minutes or 1 half
- e) **12U**: 25 minutes or 1 half
- f) **15U**: 30 minutes or 1 half

Injury exception: In case of an injury to a player, the coach must notify the official (Documentation must be presented to KPR staff prior to first game of injured player) that the injury prevents the player from completing the required time allotment. The injury may be questioned by the KPR Athletics staff to the player's parent(s) about the status of returning to the game. This decision does not require the coach's approval. If it is determined that this is a strategy or influence by the coach, the player will not receive credit for participation time and could result in a forfeiture of game. **The coach is required to notify the center official and opposing team coach, by name & # of any player that is not playing at least 50% of the game due to discipline or any other issue.**

If teams have players not meeting the practice requirement and/ or missing games, they must notify the Athletic Staff. If the Athletics Staff is not officially notified, the player will be expected to play as stated above. Player participation issues will be handled on a case-by-case basis to determine player participation eligibility.

## Section 5.03 Field Measurements

- a) **4U & 6U Field**: 90ft x 60ft
- b) **8U Field**: 140ft x 100ft
- c) **10U Field**: 180ft x 140ft
- d) **12U Field**: 180ft x 140ft
- e) **15U Field**: 300ft x 160ft

## Section 5.04 Game Length

An official game will consist of:

- a) **4U games** - Four (4) six (6) minute quarters / 4 Minute halftime – 24 Min Games
- b) **6U games** - Four (4) six (6) minute quarters / 4 Minute halftime – 24 Min Games
- c) **8u games** – Four (4) eight (8) minute quarters / 4 Minute halftime – 32 Min Games
- d) **10U games** - Two (2) twenty (20) minute halves / 4 Minute halftime – 40 Min Games
- e) **12U games** - Two (2) twenty-five (25) minute halves / 4 Minute halftime – 50 min

## Games

- f) **15U games** - Two (2) thirty (30) minute halves / 4 Minute halftime – 60 Min Games

**\*Heat Advisory:** 4u, 6u, 8u will have a mandatory 6 or 8 minutes of play with 3 minutes of rest during a heat advisory. 10u-15u will have a mandatory 10 minutes of play with 3 minutes of rest during a heat advisory. \*

The clock will run continuously each game, stopping only for intermission periods or injuries. Teams will be allowed a ten (10) minute warm up prior to the start of the game if games are on time. The pre-game warm-up and any intermission periods may be cut short by the league official present if games are running behind posted schedule.

Play must be stopped for injury to allow coaches and league officials to check on the injured player.

Free substitutes will be in affect and can be made at any stoppage of play.

## Section 5.05 Pregame Coaches Meeting and Equipment Inspection

- a) Coaches' meeting will take place 10 mins prior to game time.
- b) Referees will check every player's equipment (shin guards, and cleats) before each game.
- c) All games begin with a kick-off.

## Section 5.06 Coaches and Authorized Conferences

- a) Each team will have maximum of **(2)** coaches in the bench area during a game. ALL coaches must submit/pass a criminal background check prior to ANY/ALL involvement with team in the role of coach or volunteer. A volunteer may support the bench in cases of injury, coaches missing, or as needed and approved by KPR staff.
- b) **8u/10U/12U/15U:** No coaches may be on the field to officiate as there will be an official.

## Section 5.07 Time-Outs

- a) There are no time-outs in soccer; except for injury, intermission, or designated by KPR staff.
- b) Officials may call time-outs at their discretion.

- c) The clock will run continuously each game.

## Section 5.08 Game Play Rules

### Scoring

- a) NO overtime (OT) will be played during regular season games. Games tied at the end of regulation will be counted as a tie in the standings. Playoff game ties will be resolved by penalty kick shootouts.
- b) NO score or standings are kept in the 4U, 6U. Players in these divisions will receive participation awards.
- c) Score and standings will be kept in 8U, 10U, 12U, and 15U divisions. Regular season standings will be used to determine play-off seeding. The 1<sup>st</sup> and 2<sup>nd</sup> place teams of the tournament in each division will receive awards through KPR.

### Special Rules

- a) Mercy Rule: If either team is ahead by 10 or more goals at any point from halftime onward.
- b) Fighting: the player(s) involved will be ejected from the game. If a team fight occurs, the teams involved will be ejected from the league and denied participation in any league play or tournament. All ejections are subject to the authority of KPR staff and its officials.
- c) Play-off Tie: Only during the playoffs, if a game is tied at the end of regulation time, then a penalty kick off will immediately commence. This will be a best of 5 kicks and will continue one shot at a time, if the tie has not been resolved, this will continue through the rest of the roster.
- d) Teams will start the game only if they have the minimum requirement of their team's players at the start of game time (4u & 6u - 5; 8u – 6; 10u & 12u – 8; 15u – 8). Coaches may choose to forfeit if they don't feel they have enough players to compete. Opposing coaches may choose to play with the same number of players that the team of missing players have; but they are not mandated to make any changes to their rosters or game players outside of the general rules established.

### Player Conduct

- a) If the official witnesses any acts of slide- tackling, elbowing, cheap shots, pushing or any unsportsmanlike act, the game will be stopped, a red card will be issued, and the

player will be ejected. Foul play will not be tolerated. This player will not be able to play for the remainder of that game and may be suspended from the next game (playoffs included). That will be determined by the KPR staff.

b) Trash talking is illegal (from players, parents, and coaches). The referees will give one warning but if it continues, the referee is entitled to eject players and coaches from the game and fans from the complex. The referee may issue a yellow card as a warning or may go straight to issuing a red card. It will be the at the discretion of the referee. KPR staff will support the decision of the game officials.

## **Penalties**

### **NO SLIDE TACKLING ALLOWED**

- a) Definition of a slide tackle: A slide tackle is defined as a player going to the ground to challenge for the ball with their foot/feet. For the slide tackle rule to be enforced, both a slide and tackle (challenge for the ball) must occur at the discretion of the officials or KPR staff. Only the goalkeeper may slide tackle in the penalty area. Referees may issue a red card at their discretion based on what they deem occurred.
- b) Sliding to save a ball: Sliding to save a ball that is about to go out of bounds or sliding to save a ball from being a goal is allowed, but only when other players are not affected by the slide.

### **SLIDE TACKLING PENALTIES:**

- a) 1st offense slide tackling will result in a yellow card and indirect free kick. Players may be issued a red card at the Referee's discretion.
- b) 2nd offense will be red card and indirect free kick. The player will be removed from the game and the coach will face a penalty decided by KPR.

### **Yellow Card & Red Card**

- c) The official has complete discretion in calling fouls and may choose to ignore minor infractions that would slow the game. The official may give a yellow card and award an indirect kick to the opposing team in the event of undue harassment from coaches and spectators. If harassment continues, the referee will consider it unsportsmanlike conduct and will enforce the punishments listed in the by-laws.
- d) Referees have been instructed to be lenient in the lower age groups and to make games a learning experience for the players, keeping the safety of the players in mind.
- e) Yellow Card – warranted by a player by means of a violation of the laws of the game or misconduct. Player must leave the field of play until the next stoppage of play.
- f) Red Card – warranted by a player or coach by means of a violation of the laws of the game, misconduct, or multiple infractions. Player must leave the complex before the play will resume. They will not be permitted to play in the remainder of that game, and

they will be eliminated for the next game as well. This includes the playoffs. If teams play more than one (1) game per day, the KPR Staff will decide if player/coach returns for the second game.

When a player is eliminated due to a red card, teams **may not** substitute for that player.  
They will play without a player in that slot for the remainder of the suspension or at the discretion of the KPR staff.

## **Section 5.09 Injuries**

All injuries will need to be assessed by officials, coaches, and staff. When a child “goes down” on the field of play, coaches need to wait until officials have beckoned them to the field. Coaches that enter the field of play without permission, due to injury, may lose a team timeout. This will be up to the discretion of the Head Referee.

**Injuries that require medical attention will be handled by coaches, KPR staff, and/or Parents/Guardians.**

## **Section 5.10 Hazardous Weather**

**The protection of Killeen Parks & Recreation participants is of paramount importance. Every participant should recognize the danger presented by lightning, tornados and other hazardous weather. The following items represent generally accepted principles regarding the dangers involved with lightning and tornados.**

Over the past century, lightning has consistently been 1 of the top 3 causes of weather-related deaths in this country. It kills approximately 100 people and injures hundreds more each year. Lightning is an enormous and widespread danger to the physically active population. Practice and training increase recreation performance. Similarly, preparedness can reduce the risk of the lightning hazard. Lightning is the most frequent weather hazard impacting athletics events. Baseball, football, lacrosse, skiing, swimming, soccer, tennis, track and field events...all these and other outdoor sports have been visited by lightning. Education is the single most important means to achieve lightning safety. The following is the lightning safety plan for Killeen Parks and Recreation as suggested by the National Lightning Safety Institute:

1. If the athletic area should need to be cleared the following is a list of **SAFE** lightning evacuation sites. **SAFE** evacuation sites include:
  - a. Fully enclosed metal vehicles with windows up.
  - b. Structurally sound buildings.
  - c. The low ground. Seek cover in clumps of bushes.
2. **UNSAFE LIGHTNING SHELTER AREAS** include all outdoor metal objects like flag poles, fences and gates, high mast light poles, metal bleachers, golf carts, cars,

machinery, etc. AVOID trees. AVOID water. AVOID open fields. AVOID the high ground.

3. Lightning's distance from you is easy to calculate: if you hear thunder, it and the associated lightning are within auditory range...about 6-8 miles away. The distance from Strike A to Strike B also can be 6-8 miles. Ask yourself why you should NOT go to shelter immediately. Of course, different distances to shelter will determine different times to suspend activities. A good lightning safety motto is: "If you can see it (lightning) flee it; if you can hear it (thunder), clear it."

4. If you feel your hair standing on end, and/or hear "crackling noises" - you are in lightning's electric field. If caught outside during close-in lightning, immediately remove metal objects (including baseball cap), place your feet together, duck your head, and crouch down low in baseball catcher's stance with hands on knees.

5. Wait a minimum of 30 minutes from the last observed lightning or thunder before resuming activities.

6. People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply first aid immediately if you are qualified to do so. Get emergency help promptly.

## **LIGHTNING:**

- i. All thunderstorms produce lightning and are dangerous.
- ii. Lightning often strikes as far as 10 miles away from any rainfall. You are in danger from lightning if you can hear thunder. You are in danger if you can see lightning.
- iii. Lightning injuries can lead to permanent disabilities or death. Look for dark cloud bases and increasing wind.
- iv. Lightning can travel sideways for up to 10 miles and strike when skies are blue.
- v. Soccer fields are a dangerous place to be during a lightning storm. When lightning is seen or thunder is heard, or when dark threatening clouds are observed, quickly suspend the game and/or practice and move to a safe location.
- vi. Avoid standing in an open area, near soccer goals, under a tent, near trees or in water. The safest place during a thunderstorm with or without visible lightning is in a car, but not a convertible.

## **TORNADOS:**

- i. Watch for rapidly darkening skies.
- ii. The sound of an approaching tornado is often described as that of an approaching train.
- iii. The funnel of a tornado does not have to touch down to cause extensive damage and injuries.
- iv. Tornados can produce winds of 300 miles per hour or more.
- v. Most people who are hurt during a tornado are hurt when they are struck by flying debris.

- vi. Seek safety in a solid structure, preferably in a basement or in an interior room. If no building is available, lay down in a ditch.

## **LIGHTNING DETECTORS:**

KPR staff will rely on their weather app as well as the city's lightning and severe weather alarm during any outdoor event, open swim, or field competition. ("WeatherBug" mobile weather app)

## **WINTER ADVISORY:**

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. Temperatures do not have to be freezing to be harmful. Individuals participating in outdoor activity in cold, wet, or windy conditions are at risk for environmental cold injuries

\*Wind-Chill is defined as a measure of how cold the air feels on exposed skin due to the combination of wind and cold temperatures

### **Signs of Cold Exposure:**

- i. Breathing of cold air can trigger an asthma attack
- ii. Coughing, chest tightness, burning sensation in throat and nasal passage
- iii. Reduction of strength, power, endurance, and aerobic capacity
- iv. Core body temperature reduction, causing reduction of motor output

### **Signs of Cold Recognition:**

- i. Shivering, a means for the body to generate heat
- ii. Excessive shivering contributes to fatigue, loss of motor skills
- iii. Numbness and pain in fingers, toes, ears, and exposed facial tissue
- iv. Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented

## **GAME SUSPENSION REQUIREMENTS:**

**In any of the circumstances outlined below occurs, staff or referee(s) should immediately suspend the game:**

### **Thunder/Lightning:**

1. If thunder is heard, the game should be suspended, and the fields cleared. Everyone should immediately go to a safe shelter.
2. If lightning is seen, the game should be suspended, and the fields cleared. Everyone should immediately go to a safe shelter.
3. If a thunderstorm is heard or seen coming or your hair stands on end, the game should be suspended, and the fields cleared. Everyone should immediately go to a safe shelter. Do not wait until it rains.
4. Wait a minimum of 30 minutes from the last observed lightning or thunder before resuming activities.
5. The game will be cancelled by the decision of KPR staff if lightning continues for an extended amount of time, or if the forecasted weather is unsafe for participants and spectators.

### **Heat Advisory:**

#### *Heat Index of 106-108*

1. Decrease repetitions and practice for overweight individuals
2. Asthmatic athletes may remove themselves from workout without penalties or repercussions

#### *Heat Index of 109-111*

1. Decrease repetitions and practice for overweight individuals
2. Asthmatic athletes may remove themselves from workout without penalties or repercussions
3. Unrestricted access to water always

#### *Heat Index of 112*

1. No Outside Practice
2. Games are subject to cancelation/rescheduling and will be determined by Athletic Supervisor, with consultation of the Athletic Coordinators.

### **Cold Weather (No Precipitation):**

#### **(Cold Weather Recognition)** When the wind-chill is between 35°F-30°F

1. No Modification of practice, but a warning will be given to Coaches and Athletes
2. Monitor High-Risk Athletes

#### **(Cold Weather Caution)** When the wind-chill is between 30°F-25°F

1. Athletes should be dressed for the cold weather to participate- warm-ups, hoods/knit caps, and gloves if athlete has them.
2. Practice should keep an individual moving, and all involved.

#### **(Cold Weather Alert)** When the wind-chill is between 25°F-20°F

3. Athletes should be dressed for the cold weather to participate- warm-ups, hoods/knit caps, and gloves if athlete has them.
4. Practice should keep an individual moving, and all involved.
5. Practice times will be limited to 30 minutes

#### **(Cold Weather Warning)** When the wind-chill is below 20°F

1. No Outside Practice
2. Games are subject to cancelation/rescheduling and will be determined by Athletic Supervisor, with consultation of the Athletic Coordinators.

### **Cold Weather (Precipitation):**

#### **(Cold Weather Recognition)** When the wind-chill is from 40°F-35°F

3. No Modification of practice, but a warning will be given to Coaches and Athletes
4. Monitor High-Risk Athletes

**(Cold Weather Caution)** When the wind-chill is from 35°F-30° F

3. Athletes should be dressed for the cold weather to participate- warm-ups, hoods/knit caps, and gloves if athlete has them.
4. Practice should keep an individual moving, and all involved.

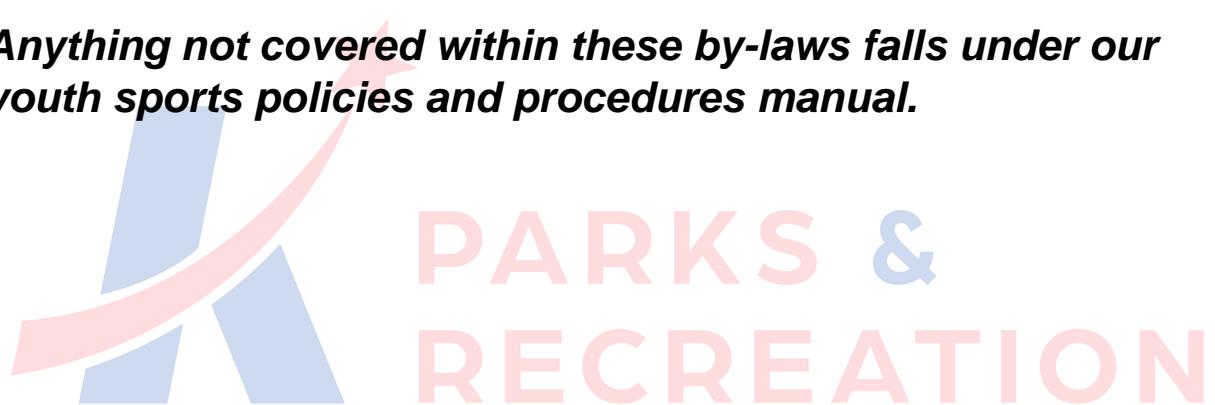
**(Cold Weather Alert)** When the wind-chill is from 30° F-25°F

6. Athletes should be dressed for the cold weather to participate- warm-ups, hoods/knit caps, and gloves if athlete has them.
7. Practice should keep an individual moving, and all involved.
8. Practice times will be limited to 30 minutes

**(Cold Weather Warning)** When the wind-chill is below 25°F

3. No Outside Practice
4. Games are subject to cancelation/rescheduling and will be determined by Athletic Supervisor, with consultation of the Athletic Coordinators.

***Anything not covered within these by-laws falls under our youth sports policies and procedures manual.***



<b>Participants Discipline Guide</b>			
<b>Offense</b>	<b>Directed Toward</b>	<b>Minimum Action</b>	<b>Maximum Action</b>
Tobacco/Vape use (chewing, smoking)	During games, practices, league functions	Verbal	Ejection(s)
Alcohol, illegal substances	During games, practices, league functions	Ejection for remainder of game	Suspension, suspension up to 1 calendar year
Knowingly participating with an injury or concussion.	During games, practices	Game ejection	Season suspension
Foul or abusive language	Player, Coach, Official, Spectator or Staff	Verbal warning and/or ejection for remainder of game	Game suspension
Continued foul or abusive language. Blatant disregard for staff and officials.	Player, Coach, Official, Spectator or Staff	Current game suspension	Multiple game suspension
Encouraging foul language, threatening language, or unsportsmanlike behavior.	Player, Coach, Official, Spectator or Staff	Current game suspension	Season suspension
Threat of physical abuse, assault, threat of bodily injury of any kind	Player, Coach, Official, Spectator or Staff	Ejection for remainder of game and next game suspension	Season suspension to lifetime suspension. Level of threat will determine length of suspension.
Fighting or physical assault of any kind.	Player, Coach, Official, Spectator or Staff	Ejection for remainder of game and next game suspension	Season suspension to lifetime suspension. Level of assault will determine length of suspension.
Damage to facility property or equipment	Facility, League Property, during games, practices	Payment for damages and game suspension	Season suspension to lifetime suspension. Level of damage will determine length of suspension.
Failure to comply with league staff or officials' policies and/or instructions	Coach, Official, or Staff	Verbal warning and/or ejection for remainder of game	Ejection or multi-game suspension
Playing while under suspension	During games, practices or league functions	Season suspension	Lifetime suspension
Tampering with eligibility (e.g., falsifying age, identity, or roster)	Sports Leagues, Registration	Season forfeiture, suspension for responsible party	Lifetime suspension from league participation

### Coaches Discipline Guide

Offense	Directed Toward	Minimum Action	Maximum Action
Tobacco use (chewing, smoking)	during games, practices or league functions	Verbal	Ejection(s)
Alcohol, illegal substances	during games, practices or league functions	Ejection for remainder of game	Suspension, suspension up to 1 calendar year
Allowing a player to play or participate while knowing of an injury or concussion	During game or practices	Game ejection	Season suspension
Foul or abusive language directed at	Player, Coach, official, spectator or staff	Verbal warning and/or ejection for remainder of game	Game suspension
Continued foul or abusive language. Blatant disregard for staff and officials	Player, Coach, official, spectator or staff	Current game suspension	Multiple game suspension
Encouraging foul language, threatening language, unsportsmanlike behavior, encouraging or telling players to have that kind of behavior	Player, Coach, official, spectator or staff	Current game suspension	Season suspension
Threat of physical abuse, assault, threat of bodily injury of any kind	Player, Coach, official, spectator or staff	Ejection for remainder of game and next game suspension	Season suspension to lifetime suspension. Level of threat will determine length of suspension
Fighting or physical assault of any kind	Player, Coach, official, spectator or staff	Ejection for remainder of game and next game suspension	Season suspension to lifetime suspension. Level of threat will determine length of suspension
Playing an illegal player (see definition #5)		Ejection of next game and forfeiture of current game	Multiple game suspension to league removal
Pulling children off a field for any reason other than weather.		Suspension for next three games	League removal

### Spectators Discipline Guide

Offense	Directed Toward	Minimum Action	Maximum Action
Alcohol, illegal substances	during games, practices or league functions	Ejection for remainder of game	Suspension, suspension up to 1 calendar year
Foul or abusive language directed at	Player, Coach, official, spectator or staff	Verbal warning and/or ejection for remainder of game	Game suspension
Continued foul or abusive language. Blatant disregard for staff and officials	Player, Coach, official, spectator or staff	Current game suspension	multiple game suspension
Encouraging foul language, threatening language, unsportsmanlike behavior, encouraging or telling players to have that kind of behavior	Player, Coach, official, spectator or staff	Current game suspension	Season suspension
Threat of physical abuse, assault, threat of bodily injury of any kind	Player, Coach, official, spectator or staff	Ejection for remainder of game and next game suspension	Season suspension to lifetime suspension. Level of threat will determine length of suspension

## Appendix A: COACH'S CODE OF ETHICS

The function of a coach, at any level, is to develop, nurture the love of the game, and educate children and athletes through participation in recreational competition. Each athlete should be treated with the utmost respect, and his or her welfare should always be considered in decisions by the coach. Accordingly, the following guidelines for coaches have been adopted by Killeen Parks & Recreation.

- The coach shall be aware that he or she has a tremendous influence, for either good or ill, and thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- The coach shall uphold the honor and dignity of the profession. In all personal contact with students, parents, officials, and athletic administrators, the coach shall strive to set an example of the highest ethical and moral conduct.
- The coach shall avoid the use of alcohol and tobacco products when in contact with players.
- The coach shall master the contest rules and shall teach them to his or her team members and spectators. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- The coach shall exert his or her influence to enhance sportsmanship by spectators.
- The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials, players, or Recreation staff is unethical.
- The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- The coach shall not exert pressure on athletic administrators to give an athlete special consideration.
- The coach shall not scout opponents by any means other than those adopted by the league.

**I have read and received a copy of the 2026 Soccer By-Laws.  
I have a clear understanding of all the coaching  
responsibilities that have been assigned. I agree to uphold  
the standards set forth by KPR and the governing By-Laws.**

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Printed Name

Signature

Date